

# STREAK

VOLUME IX  
NUMBER V  
OCTOBER 1987



## ANNAPOLIS STRIDERS

ANNAPOLIS STRIDERS, INC.  
P.O. Box 187  
Annapolis, Maryland 21404

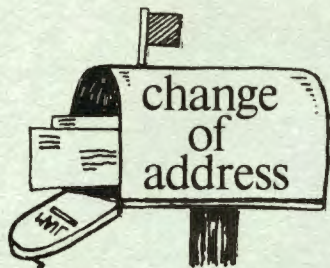
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- Shirts are also available at Strider runs.
- Call for information on coming events and to leave messages 24 hours a day: (301) 268-1165.
- When requesting information by mail, include a long, self-addressed, stamped envelope.
- Please allow 2 weeks for processing this application. You will be sent a membership card good for discounts on running gear at selected area stores.
- The Annapolis Striders, Inc. is a non-profit, charitable organization. Your tax-deductible donation is welcome.

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## Annapolis Striders

**MEMBERSHIP APPLICATION & RENEWAL FORM**

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(Send Check or Money Order)

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Annapolis Striders Inc.  
P.O. Box 187  
Annapolis, MD 21404

Last Name		First Name			Initial	Birth Date Mo. Day Yr.			Sex Male Female				
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Mailing Address				Street (Include Apt No.)				City				State	
<input type="text"/>				<input type="text"/>				<input type="text"/>				<input type="text"/>	
Zip Code		Area Code		Business Phone		Area Code		Home Phone		is This A New Membership		Address Change	
<input type="text"/>		<input type="text"/>		<input type="text"/>		<input type="text"/>		<input type="text"/>		<input type="checkbox"/>		<input type="checkbox"/>	
										Yes No		Yes No	

Occupation \_\_\_\_\_

Signature **X** \_\_\_\_\_

**AS A VOLUNTEER, I'D LIKE TO WORK ON THE FOLLOWING COMMITTEE(S)**

<input type="checkbox"/> Race/Runs	<input type="checkbox"/> News-letter	<input type="checkbox"/> Property Awards	<input type="checkbox"/> Member-ship	<input type="checkbox"/> Publicity	<input type="checkbox"/> Clinics Training
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Today's Date \_\_\_\_\_

**DUES:**

Individual	Family	Fulltime Student
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
\$8	\$12	\$4

# STREAK

## volume IX no. 5

# ANNAPOLIS STRIDERS

## october 1987

### OFFICERS

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*The purpose of this running club is to improve the physical fitness and mental well-being of its members through the promotion and encouragement of long distance running. —from Article II, By-Laws of the Annapolis Striders*

*The STREAK, published bi-monthly, is the official newsletter of the Annapolis Striders, PO Box 187, Annapolis, Maryland 21404. Letters to the editor, as well as other articles, are welcome. Permission is hereby granted to reprint any article appearing herein provided the source is acknowledged. Permission cannot be extended for material from a copyrighted source.*



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#### CREDIT GIVEN WHERE CREDIT IS DUE

"Super race.  
"We'll be back.  
"Great course.  
"Awesome jersey.  
"Everyone was so helpful.  
"Tough hill but don't take it out.  
"Can't wait for next year."

Those were a few of the comments we have heard in the aftermath of the 12th Annapolis Run. Hats off to Dick Hillman for orchestrating the big show. We also need to remember to recognize our sponsors who made the event possible:

First National Bank  
Chesapeake Bay Distributors-Miller LITE  
Entre' Computers  
Sports Medicine Clinic of Annapolis.

#### Also contributing were:

the City of Annapolis  
Anne Arundel County  
U.S. Naval Academy  
Naval Academy Athletic Association  
St. John's College

The Capitol  
Key School  
Howard County Striders  
the Radio Club

And all those who live along and near the race route--THANK YOU FOR YOUR SUPPORT!

Most of all, the Race Committee and all of you who volunteered to help with the race were the reason the race was a success. The Weather Committee (many claimed to be in charge of this) pulled another coup this year. We do have to watch out--people will start to expect ideal conditions. As a result of having a record 2,753 finishers, the Annapolis Run is now among the top 100 distance races in the U.S. This, coupled with Ed Benham's single age record setting performance, guarantees the Annapolis Run will get a few mentions in the national media this year. (Ed Benham is 80.)

Tempering the good feelings generated by the Annapolis Run was the recent passing of John Wall. John contributed in many ways to the Striders and other running clubs. We were asked

by his family to participate in the funeral--Ben Moore and Mike van Beuren were pall bearers. The service was replete with John's love of running and his dedication to finishing. The Strider's Board has voted to dedicate the One-Mile Track Race in his name. Other memorial events are being considered.

**Pennysaver 5-Miler:** Many thanks to Don Kennedy and Anne Chamberlain for a smooth race the week after the Annapolis Run. Despite the rain, there were some good times posted. Of course, that was probably due to the fact that all course monitors had "the whistle" to urge on the pack. You will be glad to know you can help collect more whistles by saving all your Good 'n Plenty and Good 'n Fruity candy boxes. For each box you give us, we can get a free Choo Choo Charlie whistle.

**B&A Trail:** At the ground-breaking ceremony for the Severna Park portion of the B&A Trail, we were able to reenact our donation of funds (almost \$4000) to the County Parks and Recreation for upkeep/beautification/facilities along the trail. It's good to see the plans for the trail are still moving along. The light rail transit issue is still bubbling; proponents of this want to use the B&A right-of-way for their project (not what we had in mind.)

**Odds and ends:** Most stressful race job: Yep, the Annapolis Run sweatshirt distribution after the race. Best addition to race: Team competition. Close to 30 teams toed the starting line this year.

**Best Judgement Award:** To Ben Moore for calling off the Moore's Marines training run on September 12. Heavy rains and lightning made for terrible conditions. Those who did run that weekend found out what Dale Vogel and I experience every time out in hot weather: how to run with a 5-pound weight on the end of each leg!

**New Race Set for '88:** On 10 April next year a one-time 10K celebrating the Glen Burnie Centennial will be held. Early planning calls for Dr. George Sheehan to be in attendance. Lots of random prizes are also promised. Entry forms to be available in November.

**New richest Strider:** Bob Maynard who found \$20 while doing Moore's Marines training one Saturday. To claim, tell Bob you know whose picture is on the front.

Remember, RAFS! (Run and finish smiling!)

Evan Thomas, President



# MEMORIAL to John Wall



## MEMORIAL

John Wall,  
we Annapolis Striders  
will remember you  
as one who gave  
your best effort  
during a race,  
regardless of whether  
you were  
a participant, worker  
or a spectator.  
You touched many of us  
with your enthusiasm  
and dedication  
to the sport  
of running.  
These memories  
we will carry  
in our hearts  
forever.

We know  
your wife, children  
and grandchildren  
are feeling  
the pain of separation  
as we too,  
who shared the roads  
with you,  
are saddened,  
and we will miss you.  
We hope you will smile  
upon our efforts  
to celebrate  
your memory  
and the contribution  
you have made  
in your lifetime  
to the sport  
of running.

--Pat O'Brien

## DEDICATION

John Wall, our senior Strider, passed away at the age of 74 on September 5, 1987. He died peacefully at home after a courageous struggle with heart failure.

In 1935, he helped set a world record for the 440 medley relay. In 1936 he was a member of a relay team at the Olympics in Berlin. His leg of the relay was the 3000 meter. Jesse Owens was one of his American teammates.

He held numerous world records in various age groups, and won 19 national masters championships in track. He ran in marathons until 1976 and was a member of the United States Masters track team. His running accomplishments could fill several pages of our newsletter, as well as his career accomplishments as educator/administrator/Navy reserve officer, and his volunteer work.

In later years we in the Annapolis Striders remember John as a familiar sight racewalking in races.

This October issue of the Streak is lovingly and respectfully dedicated to his memory. Because track was his favorite competitive form, our annual one-mile track race, to be held in July, will be renamed in his memory--THE JOHN WALL MEMORIAL TRACK RUN.



# EDITORS REMARKS

# DEAR STRIDERS

## EDITOR SENDS OUT FEELERS

## WHAT EVER HAPPENED TO...

8 September '87

From time to time Membership Chairman, Mike van Beuren gives me a computer printout list. The list is made of names of people who have checked newsletter on their membership form as their area of volunteer work. Somehow, I never get around to calling these people to ask for help. It would be helpful if they could call me. Here are the areas in which I could use help: writing, typing (especially if you have access to a word processor or office size typewriter), layouts, business management, and cartooning. If you can assist in one or more please call me for more information.

Please note on "What's Coming Up" that the Strider Board meetings are now held the first Monday of each month instead of the second Monday. Board meetings are open to all members. Call Eleanor Elster to confirm time and place.

Our next deadline--for the December Streak--is November 3.

Yvonne Aasen  
647-0879



Caricature by Irv Finifter

Dear Striders,

What ever happened to John and Priscilla Butterfield, our good friends and fellow Striders?

As many of you know, John Butterfield was instrumental in the founding of the Annapolis Striders when he was stationed at the U.S. Naval Academy in the late seventies.

Well, I ran into Priscilla, who looks super, over the Labor Day weekend at a wedding in Annapolis. Priscilla was in town for the wedding of a 1981 Naval academy graduate. She asked about all of their old friends and told me that she has had some running problems. Right now she's limited to only 2-1/2 miles every other day.

Also at the wedding was Mark Donahul, a 1981 Naval Academy graduate. Some of you who attended the Truxtun Park Fun Runs back in 1981 will remember Mark as FAT MAN--as he was known to his friends. He was a great help to Coach Al Cantello in conducting the runs. Mark is presently stationed in New Port, Rhode Island. He has done quite well with his running since leaving the Academy; he ran a 28 minute 10K in San Diego. Mark also asked about some old friends and said he would like to return to Annapolis some day.

John and Priscilla now live in San Diego where they still receive the Streak and read it faithfully.

Priscilla, John, and Mark, we miss you. Hurry back!

Winnie Hittle  
Annapolis, MD

### ORDER FORM FOR T-SHIRTS

S	M	L	XL	ONE
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	STYLE
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

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### ANNAPOLIS STRIDER LOGO



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ZIP \_\_\_\_\_



**NEW MEMBERS**  
 WELCOME TO THOSE WHO HAVE  
 RECENTLY JOINED THE STRIDERS

- |                    |               |                   |               |
|--------------------|---------------|-------------------|---------------|
| Sharon Scarborough | Millersville  | Stephen Alexander | Annapolis     |
| Donna Galeski      | Crofton       | Bill Mosley       | Bowie         |
| Mark Schultz       | Annapolis     | James Casey       | Riva          |
| Bernard Bidwell    | Annapolis     | Pete McCoy        | Annapolis     |
| Dino Massoglia     | Bowie         | Jeanne Tuerk      | Annapolis     |
| Buzz Bowman        | Arnold        | Marybeth Mullen   | Annapolis     |
| Barbara Mullen     | Annapolis     | Deirdre Wagner    | Annapolis     |
| Steven Watkins     | Annapolis     | Emily Watkins     | Annapolis     |
| John Gallagher     | Sunderland    | Dana Carmody      | Ft. Meade     |
| Janet Carmody      | Ft. Meade     | Everett Carmody   | Ft. Meade     |
| Neal Carmody       | Ft. Meade     | Vicky Bryan       | Alexandria    |
| Meredith Bonta     | Huntington    | David Joyner      | Arnold        |
| George Person      | Annapolis     | Charles Maticic   | Annapolis     |
| Anne Vahlkamp      | Annapolis     | Anatolio Cruz III | Bowie         |
| Robert Bates       | Annapolis     | Kathleen Mullins  | Crofton       |
| Amy Holm           | Annapolis     | Patricia Fraser   | Annapolis     |
| Bumper Ferrel      | Lothian       | Paul Meyer        | Annapolis     |
| Stephanie Meyer    | Annapolis     | Joan Meyer        | Annapolis     |
| Stefan Meyer       | Annapolis     | Jack Meyer        | Annapolis     |
| William Murphy     | Arnold        | Melinda Hock      | Annapolis     |
| Steve Keefer       | Millersville  | Debbie Keefer     | Millersville  |
| Jason Keefer       | Millersville  | Stephanie Keefer  | Millersville  |
| Clifford Hickel    | Annapolis     | Frank Stass       | Annapolis     |
| Jerry Haley        | Crofton       | Pamela Haley      | Crofton       |
| Brian Haley        | Crofton       | Patrick Drenning  | Annapolis     |
| Charles Lane       | Millersville  | Rosa Hernandez    | Annapolis     |
| Eric Snyder        | Davidsonville | Anne Snyder       | Davidsonville |
| Snyder             | Davidsonville | Adams             | Adelphi       |
| Carmichael         | Annapolis     |                   |               |
| Jon Valentine      | Severna Park  |                   |               |

## Masters Runners

Did you know there is a national publication devoted exclusively to masters running? The *National Masters News* is the official world and U.S. publication for masters track and field, long distance running and race walking. It covers the masters schedule, results, profiles, rankings, training tips, entry forms, age records, articles, race stories, advice on how to avoid and come back from injuries, and columns by top masters writers like Mike Tymn, W. MacDonald Miller, Dr. John Pagliano and Hal Higdon. It has information that the over-age-35 athlete just can't get anywhere else. To subscribe, send \$7.88 for five monthly issues to *National Masters News*, P.O. Box 2372, Van Nuys, CA 91404. Satisfaction guaranteed.

## ADVERTISING

The Streak accepts advertising from interested companies or persons. The rates per issue are:

Business card....\$10      Half-page.....\$35  
 Quarter-page.....\$20      Full-page.....\$50  
 Yearly rates available

If you are interested in placing an ad, please call Yvonne Aasen at 647-0879. If you have an ad that is ready for press, mail to: Editor, P.O. Box 187, Annapolis, MD 21404.

### INDEX OF ADVERTISERS

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 Eric Peltosalo, Attorney at Law  
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 Michael van Beuren, Realtor  
 The Athlete's Foot



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STRIDERS BULLETIN BOARD  
IN BACK ROOM

## MY FAVORITE RACE

### HOW TO COPE WHILE 'OUT AT SEA'

by Ron Bowman

I remember Evan Thomas writing in the Streak that he would like to hear about races outside the Annapolis area in which Striders had participated. As I am well outside the area, here is an account of my experience:

Right now (10 July) my ship is transitting off the coast of Libya. But shortly after our transit across the Atlantic we stopped in Rota Spain, for a few days--including the 4th of July. The Naval Base there sponsored a ROTA FLEET FEET 10K.

They held it at 7:00 A.M. Friday morning. Our ships had arrived the day before and, as you might expect, most of the sailors and marines were thinking more about "wetting their whistles" than about a 10K at 7:00 the next morning. Still, 100 entrants showed up. The female categories were wide open--because there were no women entered.

Even with a 7:00 A.M. start it was in the 60's but not too much humidity. Rota has about the same temperature range as Annapolis, but a

little less humidity. The course was laid out by the Base Running Club and was pretty good--only a few gradual hills. They had just had a triathlon the week before.

I finished 40th overall and 4th in my age group with a 41:25. I was pretty pleased considering we had been at sea for two weeks prior...

A young sailor from one of the other ships won it all with a 34:13.

I hope to put together a 5K or 10K. If we ever get to another port. For those who might be interested in how one can get a workout aboard ship, I've worked out a fairly good routine. One day I lift weights and do aerobics; the next day I either ride a Lifecycle for an hour or run 5 miles on the flight deck--flight operations and weather permitting.



Editor's note: Thanks for writing, Ron. Please keep us posted. We can refer to you as our High Seas Correspondent.



# BULLETIN BOARD

## TAX RETURN ADVICE SOUGHT

THIS PLEA IS GOING OUT TO ANYONE WHO IS FAMILIAR WITH TAX LAW OR TAX PREPARATION: THE STRIDERS NEED YOU TO HELP WITH OUR TAX RETURNS. PLEASE CALL OUR PRESIDENT, EVAN THOMAS, OR TREASURER, MIKE IMPELLIZZERI.

## NO MIXUPS HERE

Please mail your membership renewal to the Annapolis Striders box number. This way it will not get lost in the process by getting mixed up with race entry money or other categories of accounting. Mail to:  
Membership Chairman  
Annapolis Striders  
P.O. Box 187  
Annapolis, MD 21404



just arrived!

Annapolis Striders uniform singlets are now available in women's sizes. Singlets are \$8.50 each.

## ANNAPOLIS 10 JERSEYS HERE

The shirts are in: Annapolis 10-Mile Run finishers who did not get their jerseys on race day can pick them up. Or they will be delivered--or mailed to those out-of-town. These jerseys are truly a collector's item.

## KEY SCHOOL OFFERS 100% COTTON

The ninth annual Key School 10K Run is held on the last Sunday in October. This course through the scenic residential subdivision of Hillsmere Shores annually attracts runners from ages nine to seventy-two. Prizes are awarded to entrants divided into 14 age-group divisions, and 100% cotton t-shirts are distributed to all participants. The entry fee is \$7, and entries should be postmarked by October 17.

The course was laid out by a former president of the Annapolis Striders, and Striders always provide help. Last year their computer finish program produced a complete listing of results within minutes of the final finish time.

Further information and additional entry blanks can be obtained by calling Ann Beach at 263-9231.

## MAN THE GUNS! UH, I MEAN THE WATER STOPS

Annapolis Striders are scheduled to man the turn-around water stop at the Maryland Marathon on Sunday, November 22. It's lots of fun and you get to see the race from the middle. Call Don Kennedy 280-6715 to sign up.

ERIC PELTOSALO  
ATTORNEY AT LAW

P.O. Box 1581  
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ANNAPOLIS, MD 21404

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# TRAINING TIPS

by Bill Vogenitz

## RECOVERING FROM A MARATHON

Recovering from running a marathon begins the moment you cross the finish line. You must resist the temptation to sit, lie down, or collapse! You need to keep moving to pump the products of fatigue out of your muscles. Failure to do so will increase your chance of becoming injured in the following weeks. Try to walk or jog slowly for another 15 minutes after you finish. To help reduce the inflammation in your muscles, take aspirin or apply ice.

As soon as you can get back to your hotel or home, take a hot bath and massage your leg muscles thoroughly. Afterwards, take a short walk. That evening, repeat the hot bath, massage, and the short walk, and add some light stretching.

The next day should again include a hot bath, light stretching, and 30 minutes of easy jogging. The second day after the marathon should repeat the above. The emphasis is on removing any residual fatigue products from your muscles.

Once the fatigue products have been removed, emphasis is placed on allowing your muscles to heal. Post-marathon day three, four, and five should not include jogging, only walking and stretching.

For a full week after the marathon, your emphasis should be on recovering, not training. Training should be resumed gradually. If you averaged 50 miles a week training for the marathon, wait until the fourth week after the marathon before you run 50 miles a week again. It takes at least one month to fully recover from a marathon effort. Therefore, you should not attempt to run in a race or do speed work during this time.

## 5K SPEED WORK TRAINING CLINIC ANNOUNCED

An eight week 5K Speedwork Training Clinic will be sponsored by the Annapolis Striders starting on Sunday, January 3, at the Anne Arundel Community College track. The eight sessions will be held on Sundays, beginning at 8:00 A.M. and lasting 90 minutes.

The 5K speedwork clinic is open to runners of all abilities. It is designed to train you to run faster and to "peak" for the Washington's Birthday 5K.

The eight week training sessions will cover an assortment of hill repeats, fartlek training, and speed intervals of 220 yards, 440 yards, 880 yards, and one-mile runs. The ninth week will be the Washington's Birthday 5K race.

Look for further details in the December issue of the Streak, or call Bill Vogenitz at 974-1998.

## ATTENTION:

## TRIATHLETES AND WOULD-BE TRIATHLETES

Naval Academy swimming coaches Brian McLoughlin and Ed Denny will be offering a ten-week, one night-a-week, training clinic in swimming strokes at the Naval Academy, starting sometime in January, 1988. Two nightly swimming sessions a week will be scheduled after the initial ten-week clinic.

The exact date, time, and night of the week will be determined later. They need to know how many triathletes would be interested in gaining a "stroke-up" on their competition. There will be a small fee for the clinic. Please call Brian or Ed to express your interest in this clinic at 257-3012/3013 (W) or 544-6762 (H).

## RUNNING SHORTS

### RUNNING AT THE ANNAPOLIS TEN

Running! Running! runners mingle,  
Runners bunched and runners single.

Panting, straining, working harder,  
Sweating, dripping, mouths the dryer.

Wild eyed, red eyed, dead pan faces;  
Aching, limping, gutsy cases.

Pumping arms and pounding feet,  
Determined faces red from heat.

Knee bands, head bands, singlet--styles,  
Tee-shirts, short shirts, no shirt--miles.

What a race! but I'll not run,  
Course monitor is much more fun!

--Yvonne Aasen



# SPECIAL FEATURE

# Annapolis Run



## RACE DIRECTOR RUMINATES ON RACE

A few final thoughts about the 12th Annapolis Run:

Considering a 25% increase in finishers over '86, a 6 week shortening of the entry deadline, and the advent of team competition, the race was amazingly trouble-free. In this 9th year that the race has been conducted by the Striders, the 2753 finishers were the most ever. The size of the active race committee was also the largest ever at 38!

We renewed our longterm relationship with Steve Andrews whose Chesapeake Bay Distributors has made Miller LITE synonymous with this race. 1st National Bank's substantially increased its participation and was enthusiastic at every turn. Entre'Computer Center of Annapolis has not only become a valued sponsor but is an integral component of our efficient and much-envied scoring system. New this year was the Sports Medicine Clinic of Annapolis which is already committed to a major role in '88. [Nike was not a sponsor. We do hope to have a shoe sponsor again in '88 and hope to have an announcement on this before the end of the year!]

The new course seems to have met with general approbation. We survived some last minute construction curves thrown at us by the USNA and by the City.

Final financial figures will be available in the next Streak. A wrap-up report and job descriptions for each committee member together with complete recommendations on the '88 format will be presented to the Board at its October meeting.

55% of the field entered prior to July 1st @ \$10, the remainder @ \$12. Entries closed before we reached the \$15 date which was originally initiated as a result of the pessimism of some that we would never reach 3,000 by early August.

There was no workers race, as explained in the last Streak, but there were plenty of workers. The workers picnic was an unqualified success.

Answers to some persistent questions are:

- > The change to the 8AM start was because we can not run through the Naval Academy during colors at 7:50 AM.
- > Although we had "invited runners," they received neither expense money or prize money. They did receive complimentary entries, culinary hospitali-

ty, and some were able to occupy rooms donated by the hotelier of the race, Historic Inns of Annapolis.

> The results of only the first thousand finishers appeared in the Capital because the publisher simply didn't want to devote another 1½ pages to printing the rest! However, the newspaper has graciously agreed to donate (\$600) the printing of the results to be mailed to all finishers approximately October 1st.

> Those finishers who did not receive shirts will receive notice of their availability before October 1st. We ran out not because we didn't order enough but because many finishers took sizes clearly bigger than they were!

> Lapel pins have been ordered for those who registered late and did not receive one. They will be mailed as soon as they are received -- from Hong Kong.

On the down side, we again had to pay an exorbitant premium (\$2460) for liability insurance from a special sports carrier instead of being able to use the standard RRCA coverage available through TAC (\$250). This was because TAC cannot issue the specific kind of out-dated, irrelevant endorsement demanded by the Athletic Association's insurer adviser, Murray, Martin & Olson. Despite the goodwill of the Athletic Director, efforts to discuss this with the agent proved fruitless. As a result, we expended a substantial sum which benefited no one except a midwest insurer while the Association lost an opportunity to benefit from a wide array of services offered by the Striders as incentive for the Association to adopt a relevant, contemporary, and responsive liability insurance requirement.

The 1988 13th Annapolis Run Committee will be assembling within the next few weeks. All positions are up for grabs. Please consider volunteering. It is truly a worthwhile experience.

I am pleased to have been in a position to contribute to the success of the 12th Annapolis Run. It was a genuine pleasure to watch the sequence of events unfold as planned. The dedication and reliability of each member of the race committee was remarkable and gratifying. All-in-all, it was a humbling and rewarding endeavor. I extend my deepest gratitude to every committee member, volunteer, competitor, and sponsor who made 1987 so memorable and special.

SAMPLE OF POST-ANNAPOLIS RUN CORRESPONDENCE



Great! Very well organized. My 5th race. Best course. Do not change it.  
Keep shirts the same. Change color each year. Great.

-----  
Wanted to let you know how much we appreciated being part of the race.

We were particularly impressed with the friendliness and hospitality of the race staff. Their willingness to help and their general congeniality made it a real pleasure to be in Annapolis. They really made me feel welcome. They should be a model group for all social groups and clubs in your area.  
The set-up for the pasta dinner and registration was great.

-----  
Just a few lines to thank you for the kindness shown me at the run. The staff were very kind and gracious, as always.

Being a part of a run the size of the Annapolis Run is thrilling, and meeting all the runners is always something I enjoy.

Best wishes for the 13th Run.

-----  
The emotional "high" I experienced during this past week anticipating the race was exhilarating. Unfortunately, the race did not conclude [for me] the way I had hoped. [runner suffered heat exhaustion]

My thanks begin with the race officials who attended to me at the aid station. Not only were they extremely professional and courteous, they were kind and compassionate. I could not have asked for anything more.

Most especially, I want to extend my sincere thanks to the runner [who helped me]. On Sunday evening, I received a call from Gerry Fichtner, an Annapolis Strider. He called to ensure that I was well, an extremely considerate gesture considering all he had done.



*A blue ribbon salute to all who participated in the Annapolis Ten Mile Run.*

**Business Systems Management, Inc.**  
2134B Generals Hwy. \* 177 Defense Hwy.  
Annapolis, Maryland 21401  
(301) 266-6464



Words cannot really describe the feeling and appreciation I feel for all those who helped me: Sky Giles, the race officials who attended me, and especially Gerry Fichtner. His thoughtfulness, keen awareness of the sport of running, and his caring for other human beings is exceptional. My thanks and appreciation are never ending. What an experience to be touched by so many in such a wonderful way.

Congratulations on a well run race. Sunday was my 3rd Annapolis Run. I though the new course might be easier. The hilly section in the 6-8 mile part of the course was much tougher than the hills which were bypassed this year. But don't change it!

[Your hospitality] was another indication that you don't cater to the super fast runners only.

Congratulations on the extremely well managed run.

I am well aware of the complexity and coordination such an event presents to those who organize it, and from a runner's viewpoint, the entire event seemed flawless . . . even the way you arranged the weather!

My compliments on the excellent conduct of your 3,000 runners. They barely managed to wake me up and that was because the patter of many little feet sounded like raindrops falling on my head.

This is the least noise ever generated by your interesting event. If your good manners continue, I may someday reconsider my decision to be a helpful volunteer on the sidelines.

My compliments for your consideration of my problems and concerns.

Thank you very much for providing us with such an enjoyable running weekend. Everything went very well.

We supported the Maryland Inn by having dinner there with our friends.

Sunday, we dined with the folks from Entre Computers. We let them know their sponsorship was much appreciated.

We made certain to support the Annapolis economy by shopping on Main Street before we left Sunday.

Thanks again. All of the Tidewater Striders enjoyed it as usual.

I tend to write to race director's only to express a complaint. This was my 7th Annapolis Run and I've never written.

I like the new course.

The Striders conduct a first-rate race, and the premium is always unique and special. I always wear mine with pride.

Being involved with the races the Harrisburg Area Road Runners conduct, I can appreciate the time and effort of all your volunteers. Thanks again for a super race!

# Annapolis Run

## RACE RESULTS



August 30, 1987

### 12TH ANNAPOLIS RUN AWARDS

#### MALE OPEN

Place	Name	Age	Address	Time
1.	Jim Hage	29	Lanham, MD	50:01
2.	Gerry Clapper	26	Columbia, MD	50:30
3.	Jason Emmons	27	Sterling, VA	50:40
4.	Bruce Coldsmith	30	Harrisonburg, VA	51:03
5.	David McDonald	31	Norfolk, VA	51:11
6.	Patrick Key	29	Frederick, MD	51:44
7.	Paul Malott	29	New Castle, PA	51:50
8.	Richard Ferguson	28	Charlottesville, VA	52:30
9.	Jim O'Keefe	27	Baltimore, MD	52:37
10.	Allen Naylor	32	Adelphi, MD	52:40
11.	Charles Boatwright	31	Willsboro, NJ	52:46
12.	Mike Mansy	26	Alexandria, VA	52:47
13.	Jeffrey Sanborn	33	McDonogh, MD	53:00
14.	John Strickland	30	Washington, DC	53:02
15.	John Kavanagh	32	Baltimore, MD	53:10
16.	Dave Harrison	36	Virginia Beach, VA	53:11
17.	Tom Bowmaster	27	Columbia, MD	53:22
18.	James Clelland	29	Baltimore, MD	53:26
19.	David Coulter	22	Norfolk, VA	53:30
20.	John Ausherman	32	Chambersburg, PA	53:37
21.	Greg Early	17	Greenbelt, MD	53:44
22.	Ken Fowler	21	Ellicott City, MD	54:01
23.	Steve Georgis	32	Falls Church, VA	54:03
24.	Matthew Tobin	27	Ruxton, MD	54:04
25.	Ken Miller	34	Baltimore, MD	54:15

#### FEMALE OPEN

1.	Eleanor Simonsick	29	Baltimore, MD	57:40
2.	Mary Salamone	24	Centreville, VA	57:43
3.	Liz Wilson	19	APG, MD	58:20
4.	Karen Wagner-Hammond	24	Arbutus, MD	1:00:08
5.	Sue Crowe	32	State College, PA	1:00:41
6.	Rose Malloy	39	Linthicum Hgts, MD	1:00:45
7.	Patricia Bullinger	26	Arlington, VA	1:01:04
8.	Sue Borowski	30	New Castle, PA	1:01:29
9.	Elizabeth Andrews	24	Norfolk, VA	1:01:37
10.	Kathy Ventura-Merkel	32	Arlington, VA	1:01:51

(continued on next page)

# ANNAPOLIS 10 TEAM COMPETITION

## MALE AGE GROUP

### Under 14

1. Benjamin Younkin 13 Ellicott City, MD 1:12:01

### 14-19

1. Tom Eagleson 17 Potomac, MD 55:58  
 2. Bobby Evans 18 Annapolis, MD 58:00  
 3. Reese Kiple 19 Arnold, MD 58:50

### 40-44

1. Herbert Tolbert 40 Gaithersburg, MD 56:05  
 2. Moses Mayfield, Jr. 42 Philadelphia, PA 56:27  
 3. James Bickley 41 Washington, DC 56:46

### 45-49

1. Fay Bradley 49 Washington, DC 57:22  
 2. Lewis Dodge 45 Hamilton, VA 1:01:17  
 3. Ben Mathews 49 Columbia, MD 1:02:02

### 50-59

1. Lawrence I'Anson 50 Chevy Chase, MD 59:12  
 2. Chan Robbins 50 Falls church, VA 1:00:01  
 3. William Hoss 52 Reston, VA 1:01:05

### 60-69

1. Jerome Kerkhof 61 Sliver Spring, MD 1:07:56  
 2. Herbert Chisholm 61 Alexandria, VA 1:10:05  
 3. Richard Johnson 63 Temple, PA 1:12:29

### 70 and over

1. Ed Benham 80 Ocean City, MD 1:17:26

## FEMALE AGE GROUP

### 14-19

1. Denise Knickman 19 Largo, MD 1:04:44  
 2. Robin Quinlan 17 Bowie, MD 1:08:13  
 3. Teresa Welsh 19 Wheaton, MD 1:14:11

### 40-44

1. Beverly Shooshan 42 Bethesda, MD 1:06:13  
 2. Vicki Pierpont 44 Arnold, MD 1:08:11  
 3. Mary Ann Zuckerman 40 Laurel, MD 1:10:02

### 45-49

1. Erlene Michener 45 Lincoln, PA 1:05:15  
 2. Janice Stoodley 46 Arlington, VA 1:09:00

### 50-59

1. Suzanne Patton 52 Newark, DE 1:14:22  
 2. Barbara Field 52 Towson, MD 1:17:48

### 60-69

1. Monica Friedman 60 Silver Spring 1:29:34

## FEMALE

1. WASHINGTON RUNNING CLUB--A (Open Winner)  
 Wagner-Hammond, Bullinger, Ventura-Merkel, Blank, Elliott

2. TIDEWATER STRIDERS (RRCA Winner)  
 Andrews, McAllister-Morgan, Eady, Forrester, Harrison, Martin

3. NOVA  
 Salamone, Joyner, Frech, Humphries, Klutz, Sumser

4. HOWARD COUNTY STRIDERS  
 Guilfoil, Gavigan, Ford, Ulrich, Cummins, Howland

5. WASHINGTON RUNNING CLUB--B  
 Briscoe, Coffey, Stockdale, Bleistiff, Salvest

6. MONTGOMERY COUNTY ROAD RUNNERS--A  
 Choate, Villand, Silverman, Ciamarra, Rempe, Rivera

7. MONTGOMERY COUNTY ROAD RUNNERS--B (Masters Winner)  
 Hamilton, Flannery, Noel, Hawes, Wright, Wolf

## MALE

1. WASHINGTON RUNNING CLUB-A (Open Winner)  
 Hage, Clapper, Naylor, Mansy, Walsh

2. BALTIMORE ROAD RUNNERS (RRCA Winner)  
 O'Keefe, Sanborn, Tobin, Miller, Enders

3. TIDEWATER STRIDERS  
 McDonald, Harrison, Coulter, Henneberry, Robinson, Hurley

4. HOWARD COUNTY STRIDERS  
 Bowmaster, Fowler, Carbary, Riehl, Howland

5. ANNAPOLIS STRIDERS  
 Eden, Mace, van Beuren, Conroy, Peltosalo, Anderson

6. GNATS (Masters Winner)  
 Tolbert, Bickley, Bradley, Robbins, Davies, Hipp

7. WASHINGTON RUNNING CLUB--C  
 Rodriguez, Shimonsky, Washington, Uhl, Larsen

8. WASHINGTON RUNNING CLUB--B  
 Fletcher, Merkel, Daniels, Triantos, Coffey

9. NORTHERN VIRGINIA RUNNING CLUB  
 Alexander, Martin, Ellwein, Evans, Kennedy, Bennett

10. MONTGOMERY COUNTY ROAD RUNNERS  
 Silverman, Jordan III, Solbeck, Villano, Noel

11. TURKEY RUN RUNNING CLUB  
 Dodge, Gage, Burgess, Ampthor, Eldridge, Olsen



"That pain in my foot is bothering me again."

- |  |   |
|--|---|
| <p>12. WASHINGTON RUNNING CLUB--E<br/>Bombaugh, Rincon, Hargis,<br/>Scarborough, Higgs</p> <p>13. PEPCO--A<br/>Ng, Cernoch, Keicher, Shanklin,<br/>Ryland</p> <p>14. POTOMAC VALLEY<br/>I'Anson, Marcy, Desjardin,<br/>Chisholm, Bates, Kelley</p> <p>15. MARINES I (Military Winner)<br/>Lillie, Oehl, Kills Straight,<br/>Swingle, Boyer, Jones</p> <p>16. INTERNATIONAL<br/>Larkum, Todaro, Formoso, Allison,<br/>Rawking</p> | <p>17. AIR FORCE OSI<br/>Ryan, Cobaugh, Pitt, Guinn,<br/>Crabtree</p> <p>18. DIRTY HARRY<br/>Sandoval, Fry, Freyman, Bottenfield,<br/>O'Brien, Cavnar</p> <p>19. GERMAN MIL II<br/>Wesselbaum, Kretschmann, Rocho,<br/>Kiendling, Kaut</p> <p>20. MARINES IV<br/>Fontano, Dalbec, Smith, Helms,<br/>Dutcher</p> <p>21. MARINES II<br/>Black, Herr, Andrews, Wingett,<br/>Fischer, Runnels</p> |
|--|---|

# TIMES OF OUR LIVES

## STRIDERS ON THE ROAD

Editor's note: Please write, or call Evan Thomas, the Hotline, or one of the editors to report your times for other races.

### DON'T RUN THIS RACE

Don't ever, don't ever, ever run the MINNESOTA VOYAGER 50-MILE TRAIL RUN. This is the advice of Bill and Luanne Turrentine, who temper their advice with the voice of experience--they ran this grueling race on July 25, 1987. Held in Duluth, this race is so punishing that Luanne dropped out after 7 hours at mile 25. "I sprained my ankle after the first mile because the terrain was so horrible," she said.

Bill finished in 11 hours, 13 minutes. "I'm embarrassed because my time was so slow," he said--even though he got lost for 20 minutes at one point.

Of 70 entrants about 60 finished. The trail was so harrowing that one section had no trail, just boulders which the racers had to climb over. Then there were the "Power Lines"--three miles of a dozen hills which sloped up and down at alarming angles. The weather: it was overcast in the morning and 92 humid degrees in the afternoon. "Don't ever run this race."

.....

Evan received this message from Kip Eldridge: "Ran the Boston this year--unofficial but had a ball. Its an experience every one should enjoy--one million people from start to finish cheering everyone. I finished with John Kelly who won the event in 1935 and 1945. He's 79 years old and a wonderful guy. My time was 4:16:30. It was my second marathon and a thrill I will never forget. Hope to see some Striders in Montreal this fall."

.....

Here's another plug for good crowd support from Joe Walsmith: "Falmouth is the most scenic course I've run and has the best crowd support--about 75,000 spectators with garden hoses, water stands, ice, and more. I covered the 7-plus miles from Woods Hole to Falmouth, Massachusetts in 55:16 on August 16, a day when the temperature was 92 degrees. The first 3-1/2 miles were uphill. There were over 5,300 of us running on narrow roads. We all celebrated with a big picnic after the race."

.....

CHARLES STREET CHASE 5K...Baltimore			
Stan Fletcher	15:23	6th man	
Rose Malloy	17:23	4th woman	

.....



"Some people really are crazy, imagine hiking in a place like this!"



**DOG DAYS OF SUMMER  
CROSS-COUNTRY RUN  
8K (4.97m.)**

August 9, 1987

Place	Name	Age	Time
1.	L. Poore	21	27:06
2.	Robert Cessac	26	27:51:97
3.	George Maliszewski	31	28:24
4.	Brian Palmer	25	28:34
5.	Custis Schultz	23	28:44
6.	Bobby Evans	18	29:24
7.	Mat Mace	27	29:32
8.	Bill Conroy	44	29:50
9.	Mike van Beuren	34	30:05
10.	Mark Shaw	38	30:21
11.	Clyde Villemez	41	30:25
12.	George Uhl	30	30:30
13.	Jim Black	50	30:36
14.	Tom Foley	41	30:59
15.	Don Anderson	35	31:13
16.	Vincent Batista	22	31:44
17.	Christopher Svava	17	32:01
18.	Rick Woods	32	32:13
19.	Lee Aulisio	40	32:42
20.	Bill Turrentine	38	32:54
21.	Bill McKeever	43	33:16
22.	Stephen Brown	34	33:32
23.	Butch Bente	33	33:42
24.	Ted Foley	16	35:01
25.	Golem Choudhury	20	35:16
26.	Mary Ann Zuckerman(F)	40	35:44
27.	Tupper Lockhart	52	35:48:40
28.	James Buck	44	35:48:89
29.	Dale Landefeld	31	36:13
30.	Pat Ortman	34	36:22
31.	Robert K. Black	43	36:56
32.	John Davis	26	37:04
33.	Ed Greenspan	24	37:08
34.	Milt Taylor	54	37:18
35.	William B. Derr	48	37:25
36.	Arnie Henderson	51	37:36
37.	Ed Jablonski	26	37:38
38.	John Guala	40	37:42
39.	James McCloskey	25	37:45
40.	Craig Propert	26	37:47
41.	Lynne Heygster (F)	32	37:50
42.	Will Scott	37	37:59
43.	Ed Green	40	38:10
44.	Ken Lyons	42	38:31

45.	Peter Andvzejczak	17	38:38
46.	Don Fadler	37	38:46
47.	Bob Field	35	38:53
48.	Dick Hillman	44	38:56
49.	Charlie Zeminsky	33	39:30
50.	Bill Habicht	43	39:37
51.	Jon Valentine	27	39:44
52.	Jim Mandrin	50	39:51
53.	Earl Scott	47	40:13
54.	Dale Vogel	57	40:20
55.	Warren Cooper	34	40:34
56.	Stan March	34	40:49
57.	Jenny Spivak (F)	32	40:51
58.	John Slidell	43	40:56
59.	David Burns	21	41:02
60.	Thomas Newland	14	41:03
61.	Steve Brady	30	41:04
62.	Evan Thomas	46	41:12
63.	William J. Kelch	42	41:16
64.	Brenda Norman (F)	30	41:18
65.	John Strumsky	47	41:27
66.	Tom Ferrise	27	41:28
67.	Kim Adams (F)	23	41:30
68.	Len Zeminsky	31	41:36
69.	Dominici Lamb	25	41:47
70.	Karen Hosler (F)	38	41:48
71.	Mary Ross (F)	41	42:05
72.	Esther Weisman (F)	56	42:09
73.	Susan Briers (F)	32	42:20
74.	William Myers	38	42:47
75.	Steven Keefer	40	42:52
76.	Steve Glennan	38	42:53
77.	Leo Weil	41	43:26
78.	Tom Lyden	37	43:43
79.	Lance Jacob	25	43:57
80.	Dan Sandison	17	44:08
81.	John C. Rains	46	44:11
82.	Mary K. Anderson (F)	31	44:13
83.	Charles Matasic	34	44:29
84.	Anne T. Vahlkamp (F)	28	44:31
85.	Lynn Widener	39	44:34
86.	Guy Riccio	66	44:38
87.	Alan Wycherley	45	45:10
88.	Kip Eldridge	37	45:17
89.	Ed Polk	36	45:28
90.	Kevin Murnane	31	45:38
91.	Dotty Esher (F)	41	45:43
92.	Robert Maynard	34	46:02
93.	Sharon Hammond (F)	40	46:06
94.	Lillian Villemez	15	46:28
95.	Don Ewing	39	47:04
96.	Dyan Speaks (F)	30	47:23
97.	John Kurpjuweit	42	47:54
98.	John G. Brinton	61	48:00
99.	Thomas Ervin	37	48:42
100.	Sharon Watts (F)	36	49:31
101.	Clyde Villemez	75	50:18
102.	Tim Sandstrom	32	50:19
103.	Gene Newman	40	51:35
104.	Louise Zeitlin (F)	42	52:52:23
105.	Buck Cadell	53	52:52:80
106.	Robert Taylor	21	53:11
107.	Scott Bailey	21	53:28
108.	Arnold Galiano	66	53:38
109.	Mary L. Polk (F)	43	1:06:03

**OVERALL WINNERS**

<u>Male</u>	
L. Poore	27:06
<u>Female</u>	
Mary Ann Zukerman	35:44

**DIVISION WINNERS**

**MALE**

19 and under  
Bobby Evans  
Christopher Svava  
Ted Foley

20-29  
L. Poore  
Robert Cessac  
Brian Palmer

30-39  
George Maliszewski  
Mike van Beuren  
Mark Shaw

40-49  
Bill Conroy  
Clyde Villemez  
Tom Foley

50-59  
Jim Blank  
Tupper Lockhart  
Milt Taylor

60 and over  
Guy Riccio  
John Brinton  
Clyde Villemez

**FEMALE**

19 and under  
Lillian Villemez

20-29  
Kim Adams

30-39  
Lynne Heygster  
Jenny Spivak  
Brenda Norman

40-49  
Mary ann Zuckerman  
Mary Ross

50-59  
Esther Weisman



the  
second  
annual

# PENNYSAVER

Severna Park five mile run  
September 6, 1987



## PENNYSAVER BREAKS IN NEW RACE DIRECTOR

The morning of the 2nd Annual Pennysaver Severna Park 5-Mile Run had a very damp beginning, not exactly a race director's dream. But at least the runners would be cool, and there was always hope that the drizzle would lighten up and stop. We had 81 runners register on race day in spite of the weather, and gave out a total of 230 shirts. 191 of those soggy souls actually ran the race and crossed the finish line.

When I got back from my vacation 3 weeks before the race and learned that the job of race director was mine, much of the groundwork had already been done by Don Kennedy and by Geoff Calderone, our Pennysaver sponsor. Mostly my job was to pull together the loose ends and organize the volunteers. With Don's guidance and advice, it almost seemed too easy. As a first time race director, I learned quite a few small tips which would help a race go more smoothly. But basically I learned that being a director is not such a hard job when our club has so many experienced members who show up to help with the multitude of small tasks. Those disorganized moments where my novice status was evident ironed themselves out due to the experience of those wonderful volunteers. To the people who have told me that I seemed amazingly calm and poised, I can say it was only because I knew that the workers knew their jobs better than I did, and I had total confidence that they would keep each aspect of the race running smoothly. I would like to extend a sincere thanks to each of the workers listed below, and I apologize if I've forgotten anyone:

Pat O'Brien	Neal Kinsinger
Jonas Legum	Maria Coughlin
Eleanor Elster	Kathleen Chamberlain
Betty Moore	Jeff Chamberlain
Evan Thomas	Brad Chamberlain
Bill Conroy	Mike Chamberlain
Kathy Bridges	Bob Walters
Dick Hillman	Will Scott
Winnie Hittle	Bill Vogenitz
Bill Ammon	Jim Black
Two Pennysaver Employees	

A very special thanks goes to Don Waddington who was there from early morn to lay out the course, helped drive the course volunteers to their posts, and worked the Chronomix at the finish. Nancy Waddington and Maria Coughlin saved me at the finish by filling in positions I thought I had covered. The Anne Arundel County Police were very supportive, and helped insure a safe course. Geoff Calderone of the Pennysaver provided the T-shirts, trophies, liaison with the AA Co. Police, and random prizes. Without his interest, enthusiasm and support, we'd have to charge much more or cut down on prizes and shirts.

And my special thanks goes to Don Kennedy who guided me through the numerous steps and plans, all the time telling me it was "my race". But I know he spent more hours than I did mulling over small details, making phone calls, handling registration, going to the shed, and generally insuring that the race would be a success.

Thank you, Strider Volunteers!

Anne Chamberlain

Place	Name	Age	Sex	Time
001	Prouty Clint	25	m	26:37.76
002	Ciamarra Chris	16	m	27:25.74
003	Evans B	18	m	27:26.15
004	Galbraith Dan	24	m	27:39.20
005	Mace M	27	m	27:43.05
006	Villemez C	41	m	28:44.42
007	Swenson K	22	m	28:52.31
008	Creighton Ed	29	m	29:35.37
009	Benkert John	46	m	29:38.67
010	Foley Tom	41	m	29:41.39
011	Foley Ted	16	m	29:59.89
012	Sanchez A	49	m	30:09.54
013	Shelby Chris	16	m	30:19.31
014	Parvis Joe	17	m	30:31.71
015	Thomas Dwain	27	m	30:32.77
016	McKeeuer Bill	43	m	31:22.61
017	Hittle W	34	m	31:29.35
018	Battista V	23	m	31:41.32
019	Arthur M	25	m	31:43.05
020	Stanek M	16	m	31:46.06
021	Bradford T	44	m	32:23.67
022	Clorey Joe	44	m	32:29.21
023	Smith R	36	m	32:36.71
024	Dietz J	20	m	32:41.92
025	Ernst P	32	m	32:46.55
026	Edinberg D	30	m	32:47.61
027	Buck J	44	m	32:47.99
028	Pond Doug	48	m	33:03.75
029	Field R	35	m	33:19.64
030	Lyons Ken	47	m	33:37.13
031	Potter W	34	m	33:44.50
032	Perkins C	37	m	33:49.11
033	Taylor M	54	m	33:58.31
034	Curran J	38	m	34:00.37
035	Davis John	26	m	34:03.53
036	Llimatta Keith	18	m	34:06.40
037	Loftus A	23	f	34:08.77
038	Nuckols Lew	38	m	34:09.17
039	Myers Earle	38	m	34:09.55
040	Fredland Eric	44	m	34:09.95
041	Joaniddes C	44	m	34:11.56
042	Adelsberger L	23	f	34:13.99
043	Greenspan E	24	m	34:15.10
044	Blanchet W	34	m	34:24.04
045	Henderson A	51	m	34:25.58

the  
second  
annual

# PENNYSAVER

Severna Park five mile run



046 Hall Joe	47	m	34:28.84	100 Daley G	24	f	38:56.29
047 Foley Tim	14	m	34:35.67	101 Hackman G	40	m	39:05.67
048 Andrzejczak P	17	m	34:37.39	102 Morris C	51	m	39:06.88
049 Guala J	40	m	34:39.04	103 Parvis D	43	m	39:08.44
050 Woodcock J	44	m	34:42.12	104 Mullen D	29	f	39:14.62
051 Pannell R	41	m	34:55.27	105 Degraffenreid K	43	m	39:21.86
052 McKee T	59	m	35:25.04	106 Eldridge K	37	m	39:37.00
053 Cleaver P	32	m	35:45.84	107 Polk Ed	36	m	39:37.39
054 Lawrence C	41	m	36:10.33	108 Gushee R	53	m	39:42.33
055 Vogel Dale	57	m	36:16.56	109 Bagnall F	40	m	39:48.62
056 Strother T	33	m	36:22.40	110 Sullivan G	47	m	40:01.06
057 Sandison D	17	m	36:24.37	111 Thompson S	25	f	40:09.61
058 Valentine Jon	27	m	36:28.06	112 Kane Don	46	m	40:14.20
059 Hamer William	29	m	36:30.93	113 Worsham A	38	f	40:21.97
060 Feihe C	35	m	36:33.32	114 Twigg W	44	m	40:32.78
061 Mandrin J	50	m	36:35.86	115 Sinko M	33	m	40:33.74
062 Beachley R	42	m	36:44.08	116 Vahlkamp A	28	f	40:37.23
063 Hosler K	38	f	36:44.44	117 Riccio G	66	m	40:48.06
064 Rawilt M	39	m	36:45.62	118 Wycherley A	45	m	40:52.71
065 Norman B	30	f	36:52.03	119 Engelhardt W	30	m	40:54.30
066 Strumsky J	47	m	36:53.35	120 Engelhardt K	29	f	40:55.11
067 Brtady S	30	m	36:53.74	121 Strong Chris	26	m	41:15.74
068 Miller D	37	m	36:58.87	122 Dayman G	33	m	41:26.92
069 Green E	40	m	37:03.10	123 Danson M	28	f	41:28.04
070 Saunders D	35	m	37:09.21	124 Anderson Joan	30	f	41:34.05
071 Snyder E	42	m	37:15.58	125 Godman R	39	f	41:38.42
072 Barker Bill	37	m	37:17.40	126 Lowry J	25	m	41:42.45
073 Zellers N	38	m	37:19.68	127 Murphy B	17	m	41:48.70
074 Ross M	41	f	37:21.05	128 Kinsinger M	53	f	41:50.09
075 Niewerth R	42	m	37:23.52	129 Anderson M	37	m	41:50.81
076 Dipalma J	25	m	37:24.39	130 McClanahan D	24	m	41:52.78
077 Serkes M	34	m	37:29.25	131 McClannahan E	49	m	41:53.68
078 Galloway T	35	m	37:32.69	132 Beatty B	31	f	41:58.23
079 Roessler B	40	m	37:36.19	133 Henderson R	29	m	42:03.72
080 Burke K	33	m	37:39.13	134 Schlegel M	42	m	42:05.08
081 Lyden T	37	m	37:42.13	135 Sears A	45	m	42:21.87
082 Light S	40	f	37:43.34	136 Creighton P	26	f	42:24.03
083 Weisman E	56	f	37:45.36	137 Bates R	54	m	42:24.44
084 Kelch W	42	m	37:53.53	138 Hammond S	40	f	42:24.98
085 Myers W	38	m	37:57.54	139 Weidmann R	38	m	42:50.77
086 noname	**	*	38:02.94	140 Brinton J	61	m	43:26.28
087 Storey Jim	46	m	38:05.76	141 Vitale S	38	f	43:27.78
088 Melton D	37	m	38:07.53	142 Speaks D	30	f	43:57.21
089 Weeks Ron	43	m	38:07.88	143 Stanek J	40	f	44:02.08
090 Scott E	47	m	38:15.41	144 Henry B	55	m	44:04.75
091 Briens S	32	f	38:18.03	145 Burke Carol	38	f	44:06.70
092 Elster E	36	f	38:23.98	146 Hastings S	36	m	44:22.01
093 Clifford D	30	m	38:33.75	147 Aasen Y	56	f	44:25.47
094 Irvine R	31	m	38:35.33	148 Foster J	15	f	44:26.04
095 Bryant Herb	18	m	38:40.94	149 Lord D	40	m	44:27.23
096 Neall Bob	39	m	38:43.09	150 Lord R	40	f	44:38.56
097 Waugh A	34	m	38:46.65	151 Johnson R	33	m	44:45.34
098 McCutchan J	43	m	38:52.81	152 Berchielli L	39	f	44:46.85
099 Moore Ben	62	m	38:55.78	153 Ervin Tom	37	m	44:47.36
				154 Snyder S	39	f	44:47.86
				155 Thompson R	40	m	44:55.83
				156 Johnston M	36	f	45:15.14
				157 Edelstein G	36	f	45:28.97
				158 Jacobs Jeff	27	m	45:30.59
				159 Watxon C	37	f	45:43.39
				160 Deguia F	15	m	45:49.86
				161 Edelstein R	37	m	45:59.84
				162 Watts S	36	f	46:10.89
				163 Vaill P	50	m	46:17.54
				164 Leitch V	33	f	46:20.07
				165 Galiano A	66	m	46:23.34
				166 Gill P	75	m	46:25.83
				167 Elliot D	39	m	46:54.73
				168 Rogers R	32	f	47:08.80
				169 Slunt P	50	m	47:13.91

the  
second  
annual

# PENNSAVER

Severna Park five mile run



170	noname	**	*	47:26.09
171	Given B	14	f	47:56.15
172	Tremblay T	16	f	48:05.06
173	Anderson	35	f	48:15.38
174	Newman G	40	m	48:43.12
175	Brooks B	25	f	48:57.67
176	Cornwell H.L.	29	m	49:03.80
177	Foley Sandy	41	f	50:34.35
178	Helton R	15	m	50:48.66
179	Twigg J	15	f	52:13.09
180	Lord K	15	f	52:13.43
181	Edinberg S	27	f	53:40.24
182	Dash S	16	f	54:15.64
183	Ammons M	15	f	54:17.64
184	Morris K	15	f	54:17.99
185	noname	**	*	54:43.54
186	Laque J	8	m	55:59.18
187	Laque H	39	m	56:00.28
188	Kane Marshall	12	m	57:24.75
189	noname	**	*	59:55.37
190	Daiger R	47	m	60:35.15
191	Shrivastan P	15	f	63:25.66

## RUNNING SHORTS

### MOORE'S MARINES NETS BIG COVERAGE

Moore's Marines made the Sunpapers. No kidding. Ben Moore was featured in an article in the September 20, 1987, Sun Magazine. Author, Priscilla Cummings revealed a lot about Ben that most of us didn't know, such as--he is a native Mississippian who graduated from the Naval Academy in 1948 and spent 21 years in the Marine Corps. He was Bill Cosby's track coach at Quantico Marine Base in Virginia. Cosby, in one of his skits calls him "Lunch Box Benny."

The article explains how Ben joined the running boom after he retired from the Marine Corps. He got started by running two miles on the track. Just two miles. From that beginning he stretched his limits and drew others into marathon training.



## 1987 CLUB CHAMPIONSHIP SERIES RULES

### RULES FOR THE 1987 CLUB CHAMP SERIES

1. YOU MUST BE A MEMBER IN GOOD STANDING AS OF JANUARY 1 AND MAINTAIN THAT STANDING THROUGHOUT THE SERIES TO QUALIFY FOR AN AWARD.
2. THERE WILL BE TEN RACES IN THE SERIES: 5K, 10 MILE, 2 MILE, 10K, 1 MILE, 8K, 5 MILE, 26.2K, 20K, 15K.
3. YOUR AGE ON THE FIRST DAY OF 1987 WILL DETERMINE YOUR AGE GROUP PLACEMENT FOR THE ENTIRE SERIES.
4. POINTS WILL BE AWARDED FOR YOUR ORDER OF FINISH WITHIN YOUR AGE GROUP. NO SHOWS WILL RECEIVE 35 POINTS OR THE LAST PLACE IN THEIR AGE GROUP, WHICHEVER IS HIGHER.
5. YOUR FINAL SCORE IS DETERMINED BY ADDING YOUR BEST SIX FINISHES. LOWEST SCORE WINS. IF NO ONE IN YOUR AGE GROUP COMPLETES SIX RACES, YOU MUST HAVE COMPLETED AT LEAST FIVE TO BE ELIGIBLE FOR AN AWARD. ANYONE WHO COMPLETES THE ENTIRE SERIES OF TEN RACES, HOWEVER, WILL WIN AN AWARD.
6. THE AGE GROUPS ARE:  
FOR MEN AND WOMEN: 13 and under, 14-19, 20-29.  
FOR WOMEN: 30-39, 40-49, 50 and over.  
FOR MEN: 30-34, 35-39, 40-44, 45-49, 60 and over.

7. THREE AWARDS WILL BE GIVEN IN EACH AGE GROUP BUT THIS NUMBER MAY BE DECREASED IF THERE IS LIMITED PARTICIPATION IN A PARTICULAR AGE GROUP.
8. SERIES STANDINGS WILL BE PUBLISHED PERIODICALLY IN THE STREAK.

ADDITIONAL INFORMATION: PLEASE INDICATE ON EACH SERIES ENTRY FORM THAT YOU ARE A STRIDER MEMBER. PLEASE USE THE SAME NAME ON ENTRY FORMS TO PREVENT NAME MIX-UPS.

CALL JOE CLORETY 721-3362 FOR MORE INFORMATION.

EDITOR'S NOTE: PLEASE NOTE RULE # 1. IT IS A CHANGE FROM PAST YEARS.

### 1987 CLUB CHAMPIONSHIP SERIES RACES

1.	5K	February 28	✓
2.	10-Mile	April 5	✓
3.	2-Mile	April 25	✓
4.	10K	June 14	✓
5.	1-Mile	July 11	✓
6.	8K	August 9	✓
7.	5-Mile	September 6	✓
8.	26.2K	October 11	
9.	20K	November 29	
10.	15K	December 26	

# 1987 CLUB CHAMPIONSHIP SERIES

FIRST NAME LAST NAME

=====

Women under 20                    5k    10m    2m    10k    1m    8k    5m                    Total

Andrea	Kay	1	35	35	1	35	35	35	-35	142
Keri	Lord	35	35	35	35	35	1	35	-35	176
Katherine	Whitesel	35	35	35	35	1	35	35	-35	176
Kelly	Bennett	2	35	35	35	35	35	35	-35	177

Women 20-29                    5k    10m    2m    10k    1m    8k    5m                    Total

Brenda	Norman	35	1	35	1	1	1	2	-35	41
Dyan	Speaks	2	2	35	2	35	2	3	-35	46
Carole	Simpson	1	35	35	35	35	35	35	-35	176
Louise	Adelsberger	35	35	35	35	35	35	1	-35	176
Robin	Borden	35	3	35	35	35	35	35	-35	178

Women 30-39                    5k    10m    2m    10k    1m    8k    5m                    Total

Rae Jean	Goodman	3	3	1	2	35	35	4	-35	48
Sue	Briers	35	2	35	35	1	1	1	-35	75
Eleanor	Elster	4	35	35	1	2	35	2	-35	79
Margaret	Johnston	35	6	35	3	35	35	9	-35	123
Darlene	Dabbs	2	1	35	35	35	35	35	-35	143
Jeanne	Ross	35	4	35	35	3	35	35	-35	147
Lynn	Hopkins	5	35	35	4	35	35	35	-35	149
Rita	Lord	6	35	35	35	35	35	7	-35	153
Patricia	O'Brien	1	35	35	35	35	35	35	-35	176
Anna	Worsham	35	35	35	35	35	35	3	-35	178
Beverly	Beatty	35	35	35	35	35	35	5	-35	180
Lelia	Brobst	35	5	35	35	35	35	35	-35	180
Susan	Vitale	35	35	35	35	35	35	6	-35	181
Karen	Trembly	7	35	35	35	35	35	35	-35	182
Ann	Rougle	8	35	35	35	35	35	35	-35	183
Linda	Berchielli	35	35	35	35	35	35	8	-35	183
Gale	Edelstein	35	35	35	35	35	35	10	-35	185

Women 40-49                    5k    10m    2m    10k    1m    8k    5m                    Total

Sharon	Hammond	1	1	1	2	35	2	3	-35	10
Mary	Ross	35	35	35	1	35	1	1	-35	108
Louise	Zeitlin	35	35	35	4	1	3	35	-35	113
Sheila	Light	35	35	35	35	35	35	2	-35	177
Jean	Dwyer	35	35	35	3	35	35	35	-35	178
Carol	Huddy	35	35	35	5	35	35	35	-35	180

Women 50 and over            5k    10m    2m    10k    1m    8k    5m                    Total

Yvonne	Aasen	35	2	35	1	1	2	35	-35	76
Martha	Kinsinger	1	1	35	35	35	1	35	-35	108



Young Men 13 and under		5k	10m	2m	10k	1m	8k	5m		Total
Jason	Clendaniel	35	35	35	2	2	35	35	-35	144
Marshall	Kane	35	35	1	35	3	35	35	-35	144
Joe	Aben	35	35	35	35	1	35	35	-35	176
David	Zeitlin	35	35	35	1	35	35	35	-35	176
Bumper	Ferral	35	35	35	35	4	35	35	-35	179

Men 14-19		5k	10m	2m	10k	1m	8k	5m		Total
Dan	Sandison	1	2	1	2	3	1	35	-35	10
Joe	Parvis	35	35	35	1	1	35	1	-35	108
Mark	Kane	35	3	2	35	4	35	35	-35	114
Louis	Carvalho	35	1	35	35	2	35	35	-35	143

Men 20-29		5k	10m	2m	10k	1m	8k	5m		Total
Matthew	Mace	1	2	2	1	2	2	1	-2	9
Brian	Palmer	2	1	1	2	35	1	35	-35	42
John	Davis	5	6	35	3	35	3	2	-35	54
Clay	Stevens	4	35	35	35	3	35	35	-35	147
Tim	Thurtle	35	35	35	35	1	35	35	-35	176
Brian	McLaughlin	35	3	35	35	35	35	35	-35	178
Scott	Taber	3	35	35	35	35	35	35	-35	178
Greg	Hill	35	4	35	35	35	35	35	-35	179
George	Kerchner	35	5	35	35	35	35	35	-35	180
David	Kane	35	7	35	35	35	35	35	-35	182

Men 30-34		5k	10m	2m	10k	1m	8k	5m		Total
Mark	Yerkes	2	1	1	1	2	35	35	-35	42
Paul	Cleaver	5	6	35	8	5	35	4	-35	63
Rick	Woods	1	35	35	3	3	3	35	-35	80
Mike	van Beuren	35	35	35	4	1	1	35	-35	111
Chuck	Carpenter	8	8	3	35	35	35	35	-35	124
Robert	Maynard	10	9	35	35	35	6	35	-35	130
Walter	Potter	35	2	35	35	35	35	2	-35	144
Winnie	Hittle	35	4	35	35	35	35	1	-35	145
Dave	Webster	35	35	35	2	4	35	35	-35	146
Bob	Miller	35	35	2	5	35	35	35	-35	147
William	Blanchet	35	5	35	35	35	35	3	-35	148
John	MacLean	4	35	35	6	35	35	35	-35	150
Warren	Cooper	35	35	35	7	35	4	35	-35	151
Wally	Bloss	6	7	35	35	35	35	35	-35	153
Don	Anderson	35	35	35	35	35	2	35	-35	177
Tom	Prendki	35	3	35	35	35	35	35	-35	178
Earl	Keicher	3	35	35	35	35	35	35	-35	178
Kevin	Murnane	35	35	35	35	35	5	35	-35	180
William	Daywalt Jr.	7	35	35	35	35	35	35	-35	182
Duane	Heidemann	9	35	35	35	35	35	35	-35	184

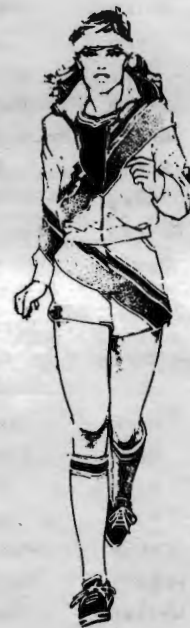


*Thanksgiving*



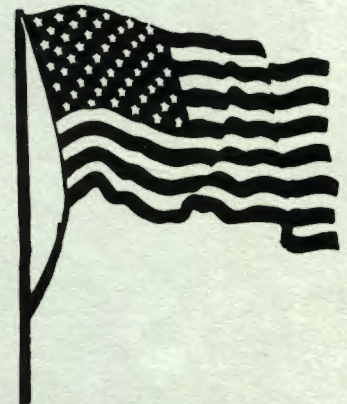
Men 35-39		5k	10m	2m	10k	1m	8k	5m	Total	
Wilford	Scott	5	5	4	8	3	2	9	-9	27
William	Myers	8	6	5	9	5	5	8	-9	37
Earle	Myers	6	4	35	5	2	35	4	-35	56
Gene	Newman	13	8	35	13	6	11	14	-35	65
Gayle	Flynn	1	1	1	1	35	35	35	-35	74
David	Abbott	9	7	35	7	4	35	35	-35	97
William	Turrentine	3	35	2	35	35	1	35	-35	111
Thomas	Ervin	35	35	7	14	35	10	13	-35	114
Tom	Lyden	35	35	35	10	35	6	7	-35	128
Freeman	Bagnall	12	35	6	35	35	35	12	-35	135
Eric	Peltosalo	2	35	35	35	1	35	35	-35	143
Rick	Smith	35	35	3	35	35	35	1	-35	144
Lew	Nuckols	35	2	35	35	35	35	3	-35	145
Bob	Field	35	35	35	35	35	4	2	-35	146
Donald	Kennedy	4	35	35	4	35	35	35	-35	148
Edwin	Green	35	35	35	35	35	3	6	-35	149
Ronald	Bowman	35	3	35	11	35	35	35	-35	154
Kip	Eldridge	35	35	35	35	35	7	10	-35	157
Ed	Polk	35	35	35	35	35	8	11	-35	159
Robert	Walters	35	35	35	2	35	35	35	-35	177
John	Major	35	35	35	3	35	35	35	-35	178
Daniel	Miller	35	35	35	35	35	35	5	-35	180
Bruce	Soyars	35	35	35	6	35	35	35	-35	181
Rudy	Seifert	7	35	35	35	35	35	35	-35	182
Don	Ewing	35	35	35	35	35	9	35	-35	184
Jones	Legum	10	35	35	35	35	35	35	-35	185
Thomas	Donlin	11	35	35	35	35	35	35	-35	186
Bill	Vogenitz	35	35	35	12	35	35	35	-35	187
Ray	Chapman	14	35	35	35	35	35	35	-35	189

Men 40-44		5k	10m	2m	10k	1m	8k	5m	Total	
Thomas	Bradford	2	6	1	3	3	35	3	-35	18
J. Howard	Beard, III	3	1	2	4	4	35	35	-35	49
Alan	Wycherley	11	12	5	10	6	7	11	-12	50
Joe	Clorety	6	3	3	35	2	35	4	-35	53
Mike	Schlegel	15	11	7	11	8	35	12	-35	64
John	Guala	35	4	35	7	35	4	6	-35	91
Richard	Hillman	35	5	35	6	35	5	8	-35	94
James	McCutcheon	35	35	4	8	7	35	9	-35	98
William	Conroy	1	35	35	35	1	1	35	-35	108
John	Kurpjuweit	10	9	35	12	35	8	35	-35	109
Tom	Foley	35	35	35	1	35	2	1	-35	108
Bill	McKeever	35	35	35	2	35	3	2	-35	112
John	Fredland	4	35	35	5	35	35	5	-35	119
Daniel	Parvis	35	35	35	9	5	35	10	-35	129
Lee	Patrick	14	35	6	13	35	35	35	-35	138
David	Lord	9	35	35	35	35	35	13	-35	162
Ron	Thompson	13	35	35	35	35	35	14	-35	167
Merle	Maffei	35	2	35	35	35	35	35	-35	177
Richard	Dugan	5	35	35	35	35	35	35	-35	180
Bill	Habicht	35	35	35	35	35	6	35	-35	181
James	Woodcock	35	35	35	35	35	35	7	-35	182
Bill	Shaughnessy	35	7	35	35	35	35	35	-35	182
Donald	Zindorf	7	35	35	35	35	35	35	-35	182
Don	Higdon	35	8	35	35	35	35	35	-35	183
Jesse	Fussell	8	35	35	35	35	35	35	-35	183
Alan	Greber	35	10	35	35	35	35	35	-35	185
Ray	Randall	12	35	35	35	35	35	35	-35	187



Men 45-49		5k	10m	2m	10k	1m	8k	5m	Total	
Don	Kane	4	7	3	8	6	35	5	-35	33
Ken	Lyons	2	1	1	35	35	3	2	-35	44
Evan	Thomas	3	35	2	3	2	5	35	-35	50
Earl	Scott	35	6	35	6	5	4	4	-35	60
Douglas	Pond	1	35	35	1	1	35	1	-35	74
William	Derr	35	3	35	2	3	2	35	-35	80
James	Storey	7	5	35	35	4	35	3	-35	89
Karl	Schwabe	8	8	4	35	35	35	35	-35	125
John	Lockwood	6	35	35	7	35	35	35	-35	153
Jim	Black	35	35	35	35	35	1	35	-35	176
Orv	Pratt	35	2	35	35	35	35	35	-35	177
Marty	Paul	35	35	35	4	35	35	35	-35	179
John	Rains	35	35	35	35	35	6	35	-35	181
Jim	Lewis	35	35	35	9	35	35	35	-35	184
Michael	Finn	35	9	35	35	35	35	35	-35	184

Men 50-59		5k	10m	2m	10k	1m	8k	5m	Total	
Milton	Taylor	1	1	1	1	35	1	1	-35	6
Dale	Vogel	3	3	35	2	2	4	3	-35	17
Arnold	Henderson	35	2	2	35	1	2	2	-35	44
James	Mandrin	35	4	35	35	3	3	4	-35	84
Robert	Gushee	4	5	35	4	35	35	6	-35	89
Charles	Cadell	35	35	35	7	35	5	35	-35	152
James	Fratino	2	35	35	35	35	35	35	-35	177
Bill	Law	35	35	35	3	35	35	35	-35	178
Donald	Waddington	35	35	3	35	35	35	35	-35	178
Clair	Morris	35	35	35	35	35	35	5	-35	180
Neal	Kinsinger	5	35	35	35	35	35	35	-35	180
Leon	Johnson	35	35	35	5	35	35	35	-35	180
Gene	Humphrey	35	35	35	6	35	35	35	-35	181



Men 60 and over		5k	10m	2m	10k	1m	8k	5m	Total	
John	Brinton	3	2	35	2	2	2	3	-35	14
Arnold	Galiano	4	35	1	3	3	3	4	-35	18
Guy	Riccio	1	35	35	1	1	1	2	-35	41
Joseph	Ryan	2	1	35	35	35	35	35	-35	143
Ben	Moore	35	35	35	35	35	35	1	-35	176





# WHATS COMING UP

ANNAPOLIS STRIDER EVENTS CALENDAR FOR 1987



All Official Striders Events Are Underlined  
All events are open to the general public

PLEASE CALL HOTLINE OR RACE DIRECTOR TO CONFIRM TIME AND PLACE  
HOTLINE (301) 268-1165

<u>DATE</u>	<u>TIME</u>	<u>RACE - RUN - DISTANCE</u>	<u>RACE DIRECTOR</u>
1st Monday each month	7:30 PM	<u>Annapolis Striders</u> <u>Board Meeting</u>	Arundel Center Eleanor Elster Calvert St. 268-0982 Annapolis
Saturdays  (Training runs continue weekly until the Marine Corps Marathon on Nov. 1)	7:00 AM	<u>Moore's Marines Marathon</u> <u>Training</u>	Annapolis Mall Ben Moore Equitable Bank 268-3832 Building
Sundays	7:30 AM	<u>Moore's Marines Marathon</u> <u>Training Runs</u>	Navy/Marine Corps Stadium, Annapolis
October 11 Sunday	8:00 AM	<u>Metric Marathon 26.2K</u> <u>#8 Championship Series</u>	Southern H.S. Will Scott Harwood, MD 267-8013
October 25 Sunday	9:00 AM	Key School 10K (6.2 miles)	Key School Ann Beach 534 Hillsmere 263-9231 day Dr., Annapolis 269-0985 eve.
November 8 Sunday	9:00 AM	Marine Corps Marathon (26.2 miles)	Washington, D.C. Ben Moore 268-3832
November 7 Saturday	8:30 AM	Turkey Trot 5-Mile Race 1-Mile Fun Run 100-Yard Tot Trot	Downs Memorial Darlene Park, Pasadena, Washington Maryland 987-9600
November 22 Sunday		Maryland Marathon <u>Striders work the turnaround water station</u>	Memorial Stadium Don Kennedy 280-6715
November 29 Sunday	10:00 AM	<u>Cold Turkey 20K</u> <u>#9 Club Champion Series</u>	South River Leon Johnson H.S., Edgewater 956-4335
January 2 '88 Sunday	11:00 AM	<u>Anniversary Run 15K</u> <u>#10 Champ Series</u>	U.S. Naval Hotline Academy 268-1165 Annapolis, MD

## Maryland/DC RRCA Major Race List 1987/1988

10 OCT SAT	10:00 AM	FSC	1M	MARKET STREET MILE	FREDERICK
11 OCT SUN	8:30 AM	HCS	10K	COLUMBUS CHASE	COLUMBIA
18 OCT SUN	9:00 AM	BRRC	5M	SINAI FITNESS RUN	OWINGS MILL
25 OCT SUN	9:00 AM	MCRR	10K	ROCKVILLE 10K RUN	ROCKVILLE
22 NOV SUN	8:00 AM	HCS	26.2K	METRIC MARATHON	COLUMBIA
3 JAN SUN	8:30 AM	WRRC	5/15K	FROSTBITE 5 & 15K	WESTMINSTER
21 FEB SUN	9:00 AM	HCS	10M	MD/DC RRCA CHALLENGE (M/F)	COLUMBIA

